



Apple berry strudel

Serves 4



COOK



EAT

ENJOY

ENJOY

Ingredients

1 x 410g can pie apple

1 teaspoon cinnamon

½ cup fresh or frozen berries

6 sheets filo pastry

Spray oil

1 tablespoon flaked almonds

500g reduced fat custard to serve

Optional

Try swapping the apple with other stewed fruits such as peaches, apricots or rhubarb. You can also swap the berries with dried fruit such as sultanas, prunes or figs.



Method

Step 1

Preheat oven to 180°C. Line a large baking tray with baking paper.

Step 2

In a large bowl gently mix apple, cinnamon and berries until combined.

Step 3

Place a sheet of filo onto a workbench. Spray with oil. Top with another sheet of filo pastry and continue to layer with filo and spray oil until you have six layers.

Step 4

Spoon apple mixture along the long edge of filo, leaving a 3cm border at the short ends.

Step 5

Fold short ends in and roll up. Lift onto prepared tray. Sprinkle flaked almonds evenly over the top and spray with oil.

Step 6

Bake for 25 minutes, or until pastry is golden. Allow to stand for 10 minutes.

Serve immediately with custard.

Serves per portion:

